

# Success Story

PROGRAM: Saydel High School

TITLE: Nutrition Promotion Takes Teamwork!



## Summary

Saydel High School used the 1305 Grant Funds for purchase in three areas: 1) physical education: FitBits for the Health and Wellness classes; 2) water availability: water coolers with bottle filling stations and a water container for the cafeteria area; and 3) nutrition promotion: sampling of healthy snacks during final exams.

This success story will focus on the nutrition promotion activities implemented as a result of the grant. The total grant amount was \$5,300 impacting over 400 students and staff.



## Challenge

The two biggest challenges encountered by Saydel High School were the short amount of time to order, receive and implement the grant and having to revise plans for the location of one of the water bottle filling stations. One station was planned outside of the band/music area because there are large numbers of students involved in the Saydel music programs. While there is a definite need for a good water source in that area, it was not feasible to modify or install the water bottle filling station in that area. The team was able to revise their plan to find another place for the water filling station.



## Strategies

Saydel worked collaboratively with various groups to ensure a successful event. By presenting a united front, a consistent message promoting healthy eating was presented to the students and staff. Involving a student group and Family Consumer Sciences class, reinforced that student involvement is important and crucial to success.

## Results

A wide variety of samples were purchased with the 1305 Grant Funds to be given out during finals testing days, May 23 and 27, 2014. The Wellness Team collaborated with several other groups to ensure a successful event. The student group, Fellowship for Christian Athletes, held a free breakfast for all students and staff on May 23. Ms. A'Hearn, spear heading the Wellness Committee, worked with the Family Consumer Sciences teacher to engage students in preparing and pre-portioning the samples. Having the students involved through the student organization and classes involved the students and taught the students, reinforcing portions and good food handling practices.

Students were able to sample and take with them samples of: dried fruits such as different flavors of Craisins, flavored Greek yogurt, hummus with carrots, tropical trail mix, flavored sparkling waters, 100% orange-pineapple juice, whole grain granola bars and flavored applesauce. The samples were available during breakfast, in the mid-morning, and again in the afternoon on both days of testing.

Teachers also played a part by participating with the students in sampling the variety of foods. Between 130 and 150 students went through each morning during breakfast to select a sample, and another 100-150 came back during a break for a snack.

Based on comments and feedback from the students, the Food Service Director was able to gather information about product favorites and acceptance to be used in planning orders for next year.

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## Future Directions

Students were excited to try various items and were able to provide feedback to the Food Service Director about favorites and student acceptance of items. The healthy snacks, being easy to “grab and go” reinforced messages already being promoted by the Food Service Department. When a student took the hummus and then asked, “What IS this?”, the Food Service Director was braced for a negative response. She was pleasantly surprised when she told the student, “That’s hummus.”, that the student’s response was, “Oh...well....it’s good!” The student then went over to their table to friends and told them what it was and that it was good.

Moving forward, the FSD plans to use the information she gathered by talking with students and hearing their reactions to new products to consider adding the sparkling waters, 100% juice, dried fruits and hummus into school meals and/or a la carte sales.

The team work for this event was one which the Food Service Director anticipates will be sustainable and continue in the future. She feels that involving students, staff, student groups, and the nutrition department to promote healthy eating sends a consistent message throughout the whole school environment.

All three water stations will be installed by next fall in heavy traffic areas and excitement about the stations has already begun. The Fitbits will be used more next year, too. Students were able to start experiencing the Fitbits to track activity steps and minutes and enjoyed that. One student commented “I like to try to beat my steps from the day before” while another stated “I can’t wear it work which bums me out, because I can’t count those steps towards my goal for the day.

## Grant Information

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